



UNIVERSITÀ
DEGLI STUDI
DI BERGAMO

Dipartimento
di Scienze Umane
e Sociali

Attività motorie negli spazi urbani Le città attive

Bergamo, 28/10/2021

NELL'AMBITO DELLA TERZA EDIZIONE DI **FOTOGRAFICA** FESTIVAL DI FOTOGRAFIA BERGAMO

FUORI DAL CENTRO

21

MONASTERO DEL CARMINE
DASTE - EX CENTRALE DASTE SPALENGA

2 OTTOBRE - 1 NOVEMBRE 2021
WWW.FOTOGRAFICAFESTIVAL.IT

CON IL PATROCINIO

CONI
ISTITUTO PER IL CREDITO SPORTIVO
Mancini

GIOVEDÌ 28 OTTOBRE 2021
ORE 15.00

TEATRO DEL TTB
PRESSO IL MONASTERO DEL CARMINE
VIA COLLEONI 21 - BERGAMO ALTA

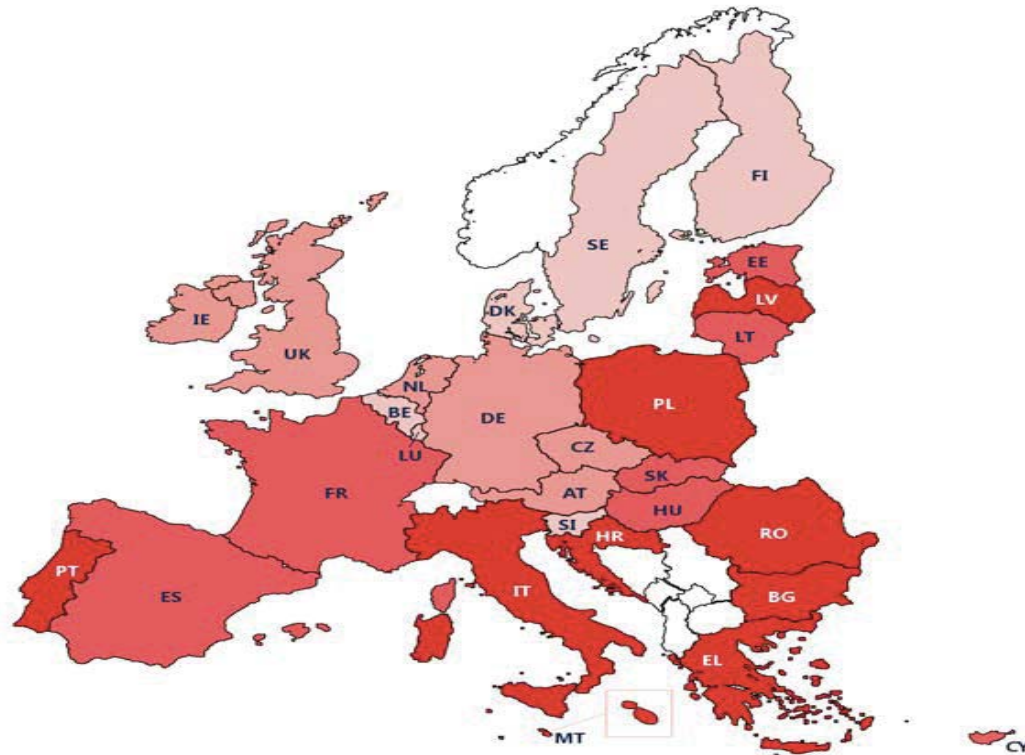
NON SOLO "SPORT E PERIFERIE"
RIFLESSIONI, SPUNTI E PROPOSTE SULLE OPPORTUNITÀ DI INTERVENTO
NELL'AMBITO DELL'IMPIANTISTICA SPORTIVA E DEI BENI CULTURALI

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Exercise or play sport

Eurobarometer, 472, 2018



Exercise or play sport

Eurobarometer, 472,
2018

Sociodemographic groups

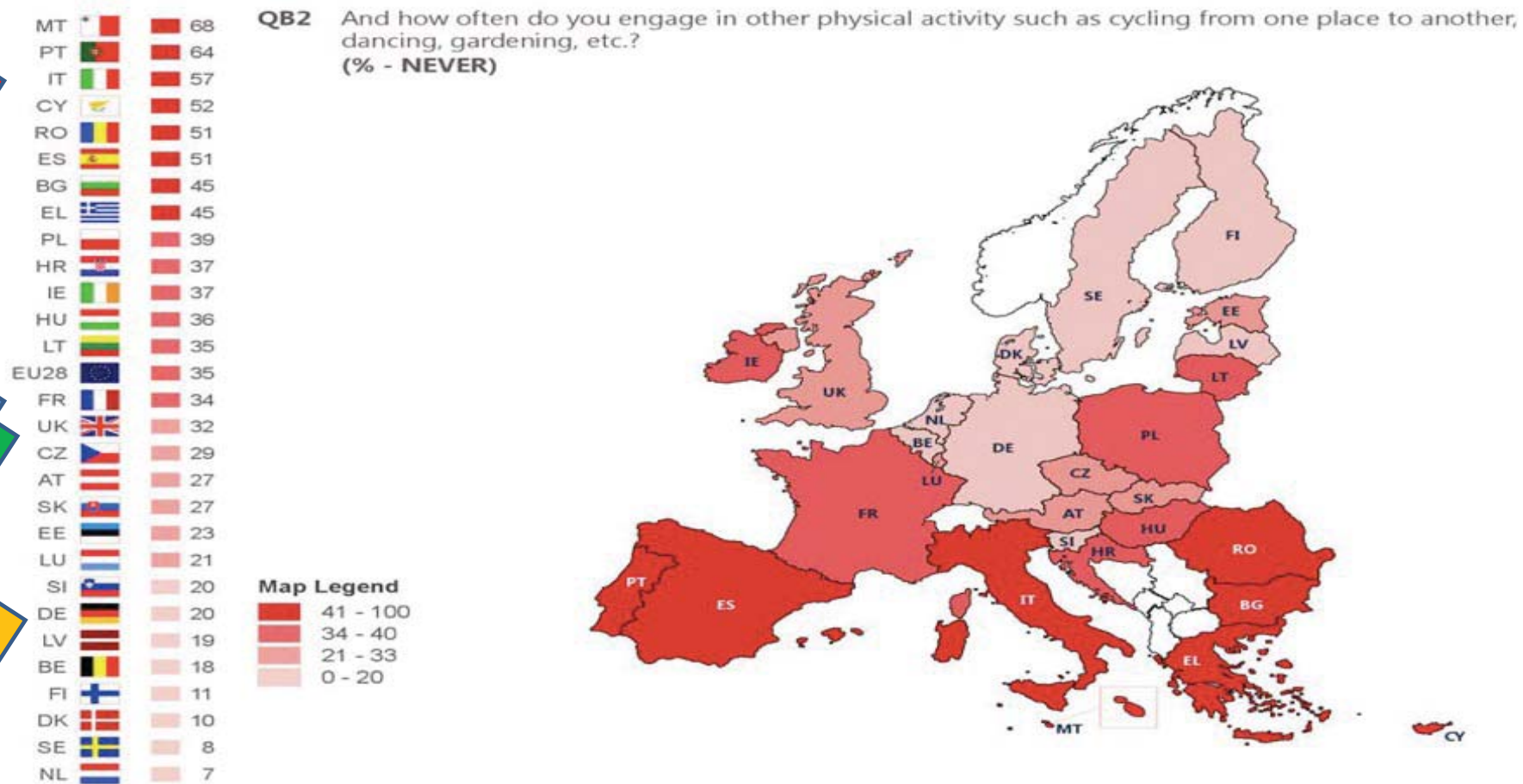
QB1 How often do you exercise or play sport?
(% - EU)

	Regularly	With some regularity	Seldom	Never	Don't know
EU28	7	33	14	46	0
Gender					
Men	8	36	16	40	0
Women	7	29	12	52	0
Age					
15-24	9	53	14	24	0
25-39	6	40	19	35	0
40-54	7	32	17	44	0
55+	8	22	9	61	0
Gender and Age					
Men 15-24	12	59	14	15	0
Men 25-39	6	45	21	28	0
Men 40-54	6	35	20	39	0
Men 55+	8	22	12	58	0
Women 15-24	6	47	14	33	0
Women 25-39	4	36	17	42	1
Women 40-54	7	29	14	50	0
Women 55+	7	21	8	64	0
Education (End of)					
15-	6	14	7	73	0
16-19	6	27	15	52	0
20+	9	43	17	31	0
Still studying	10	63	11	16	0
Socio-professional category					
Self-employed	7	39	18	36	0
Managers	7	46	20	26	1
Other white collars	4	40	19	37	0
Manual workers	6	29	16	49	0
House persons	5	18	10	67	0
Unemployed	10	26	14	49	1
Retired	8	20	9	63	0
Students	10	63	11	16	0
Difficulties paying bills					
Most of the time	4	19	11	66	0
From time to time	5	24	15	55	1
Almost never/ Never	8	37	14	41	0

Base: All respondents (N=28.031)

Physical activity (no sport)

Eurobarometer, 472, 2018



Physical activity (no sport)

Eurobarometer, 472, 2018

Sociodemographic groups

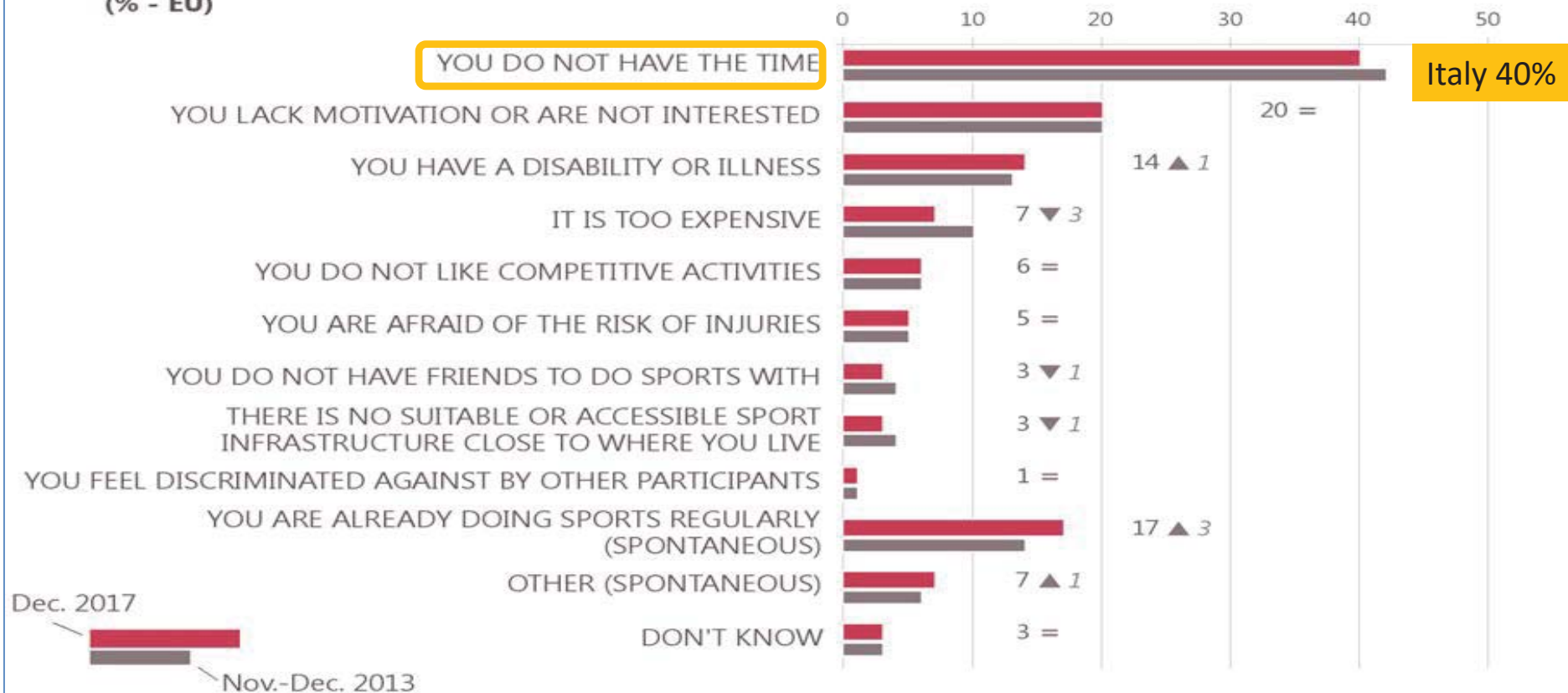
QB2 And how often do you engage in other physical activity such as cycling from one place to another, dancing, gardening, etc.?

	Regularly	With some regularity	Seldom	Never	Don't know
EU28	14	30	21	35	0
Gender					
Men	15	32	22	31	0
Women	13	28	19	40	0
Age					
15-24	17	34	23	25	1
25-39	12	32	26	29	1
40-54	13	31	23	33	0
55 +	14	26	15	45	0
Education (End of)					
15-	10	20	13	57	0
16-19	12	28	22	37	1
20+	16	38	22	24	0
Still studying	19	36	23	21	1
Difficulties paying bills					
Most of the time	12	21	17	49	1
From time to time	10	23	22	45	0
Almost never/ Never	15	34	20	31	0
Subjective urbanisation					
Rural village	15	33	19	32	1
Small/ mid size town	14	29	22	35	0
Large town	11	27	20	41	1
Exercise or play sport					
Regularly	46	26	10	17	1
With some regularity	13	54	20	13	0
Seldom	11	26	53	10	0
Never	10	15	13	62	0

Base: All respondents (N=28,031)

Barriers to physical activity and sport

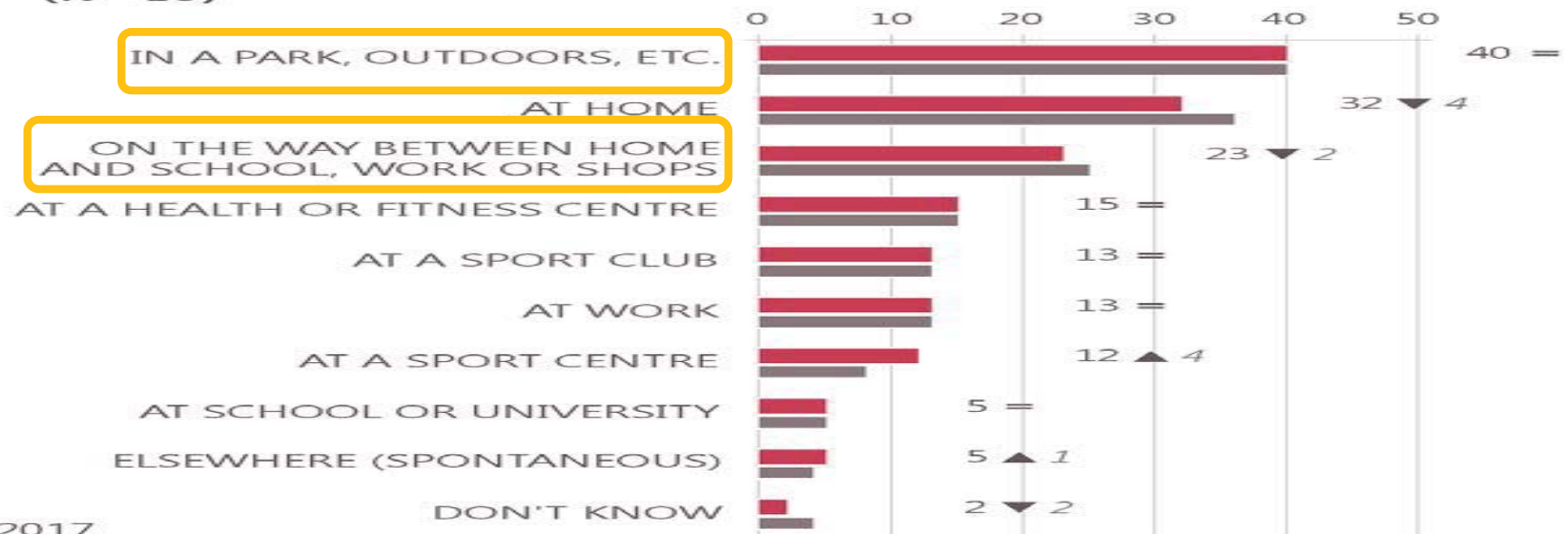
QB9 What are the main reasons currently preventing you from practising sport more regularly?
(MULTIPLE ANSWERS POSSIBLE)
(% - EU)



Where Europeans practise sport and physical activity

Eurobarometer, 472, 2018

QB7 Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)



Dec. 2017

Nov.-Dec. 2013

	In a park, outdoors, etc.	At home	On the way between home and school, work or shops	At a health or fitness centre	At work	At a sport club	At a sport centre	At school or university	Elsewhere (SPONTANEOUS)	Don't know
EU28	40%	36%	25%	15%	13%	13%	8%	5%	4%	4%
IT	36%	13%	23%	15%	4%	7%	19%	4%	5%	2%

Physical activity (new?) classification

Egoistic p.a.

practised for diverse aims

(fitness, health, leisure, competition...)

above all for my own interest and pleasure that could, indirectly, enhance public health

Altruistic p.a.

practised for diverse aims

(commuting, urban mobility, shopping...)

for my own interest and pleasure at the same time directly enhancing public health and sustainability

Greendorfer (1987): Journal of Physical Education, Recreation & Dance Volume 58, Issue 7, 1987; Rhodes (2006): Exercise & Sport Sciences Reviews: April 2006 - Volume 34 - Issue 2 - pp 83-88; Rhodes & Smith (2006): Br J Sports Med 2006;40:958-965; Sit, Kerr & Wong (2008): Psychology of Sport and Exercise Volume 9, Issue 3, May 2008, Pages 266–283.

Frank L.D., Sallis J.F., Conway T.L., Chapman J.E., Saelens B.E., Bachman W. (2006).
Many Pathways from Land Use to Health. Associations between Neighborhood Walkability and Active Transportation,
Body Mass Index, and Air Quality.
Journal of the American Planning Association, Vol. 72, No. 1, Winter 2006, 75-87.

Neighbourhood Quality of Life Study (NQLS)

- King County, Washington
- Interdisciplinary
- 16 neighbourhoods ranked by walkability index
- 1228 adults 20-65

5% increase in walkability is associated with

- a per capita 32.1% increase in time spent in physically active travel,
- a 0.23-point reduction in body mass index,
- 6.5% fewer vehicle miles travelled,
- 5.6% fewer grams of oxides of nitrogen (NOx) emitted,
- 5.5% fewer grams of volatile organic compounds (VOC) emitted.
- these results connect development patterns with factors that affect several prevalent chronic diseases.

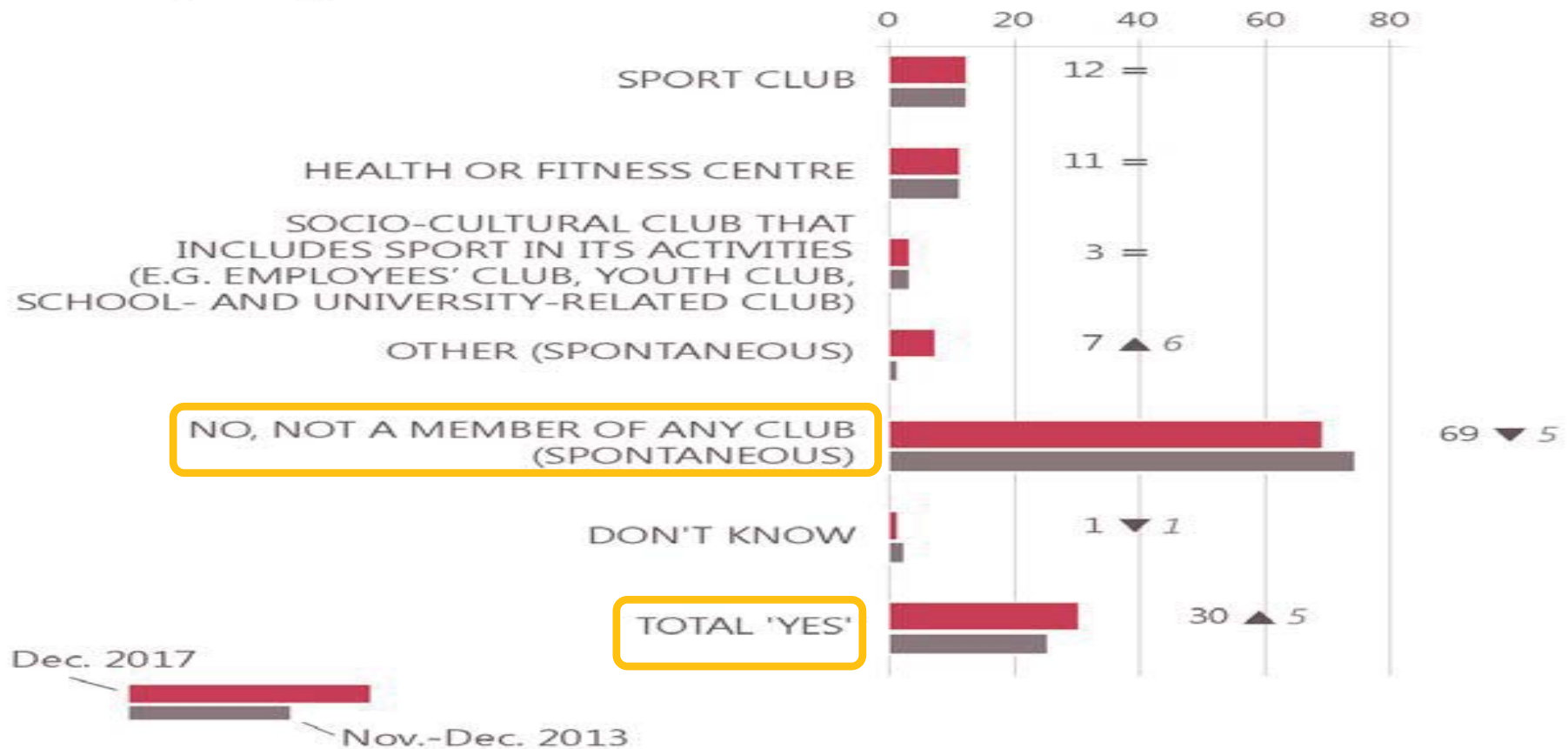
Egoistic/altruistic



Clubs' Membership

Eurobarometer, 472, 2018

QB10 Are you a member of any of the following clubs where you participate in sport or recreational physical activity? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)



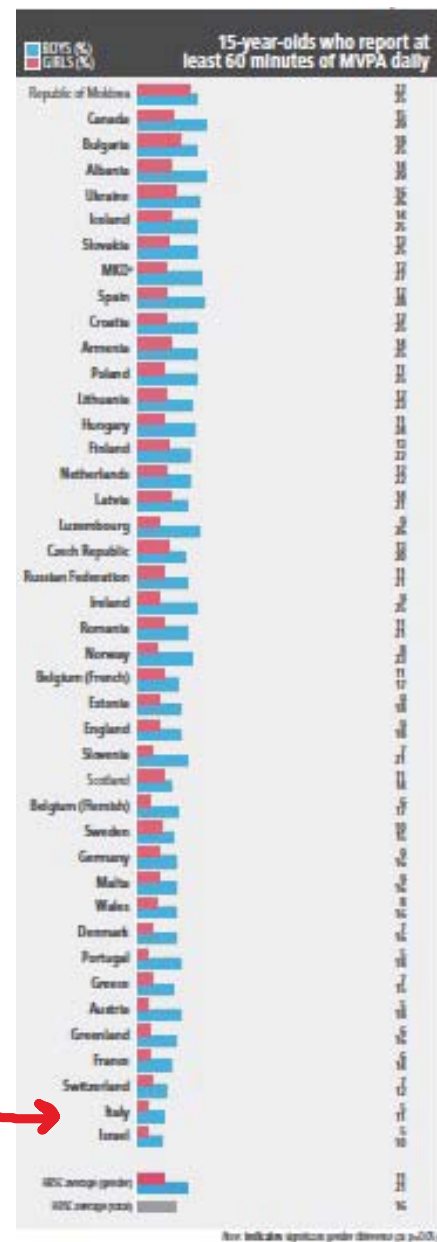
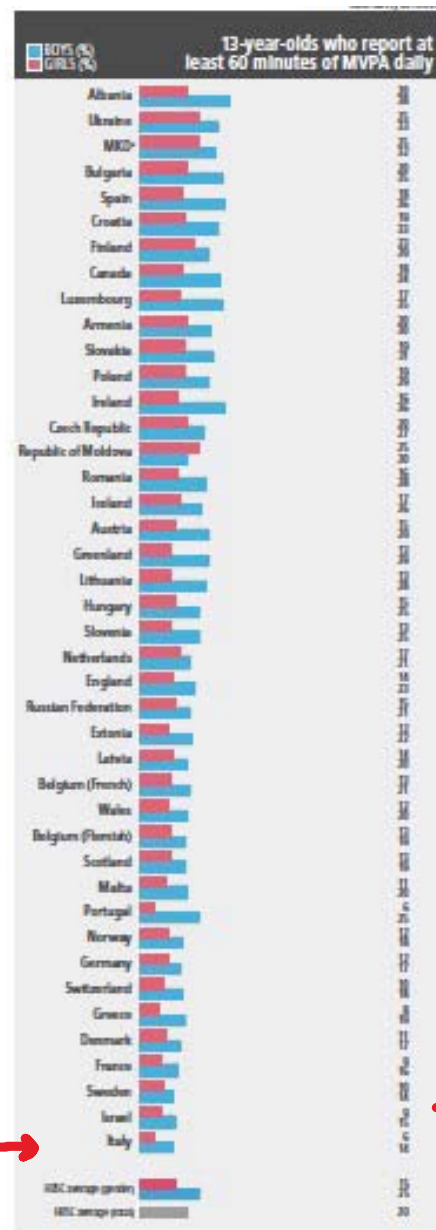
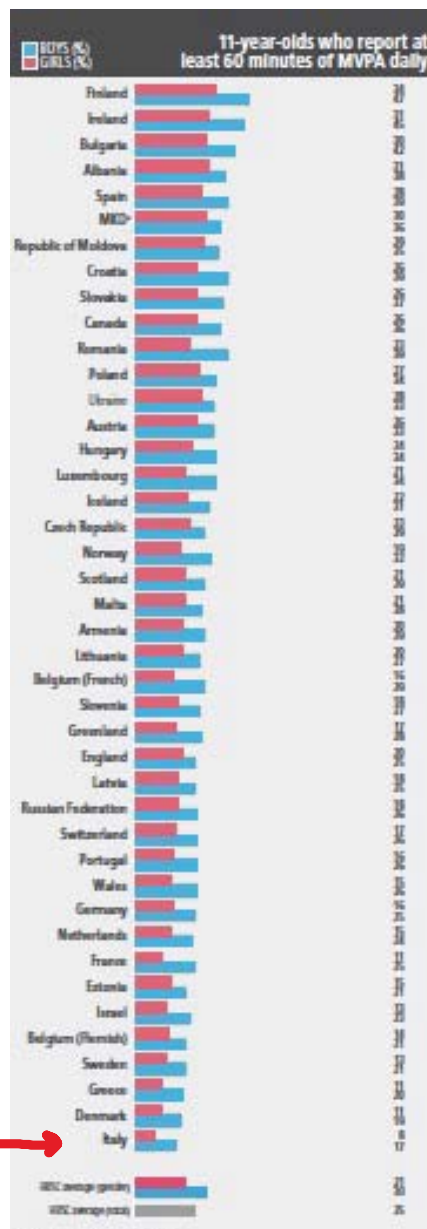
Attività sportiva e motoria per età/genere

ISTAT, 2019

Citato in Borgogni, 2020

Classi di età	Praticano sport				Praticano solo qualche attività fisica	Non praticano sport né attività fisica	Non indicato		Totale		
	In modo continuativo		In modo saltuario								
	M	F	M	F	M	F	M	F	M	F	
6-10	63,3	59,6	4,9	4,5	12,9	14,4	18,2	20,6	0,6	0,9	100,0
11-13	65,6	58,8	7,7	6,9	13,1	15,6	13,2	18	0,4	0,7	100,0
14-17	59,7	45,1	13,4	10,5	14,0	23,7	12,5	20,3	0,4	0,5	100,0

Tabella 10 - Percentuali di bambini e adolescenti di 6-17 anni che praticano sport, qualche attività fisica e non praticanti per sesso e classe di età 2017-2018. Fonte: ISTAT, Stili di vita di bambini e ragazzi. Aspetti della vita quotidiana, 2019. Modificato

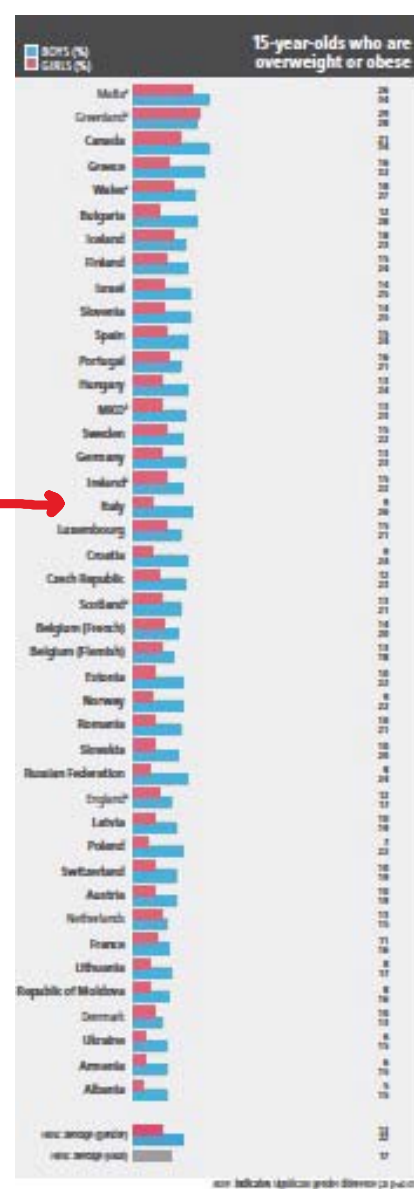
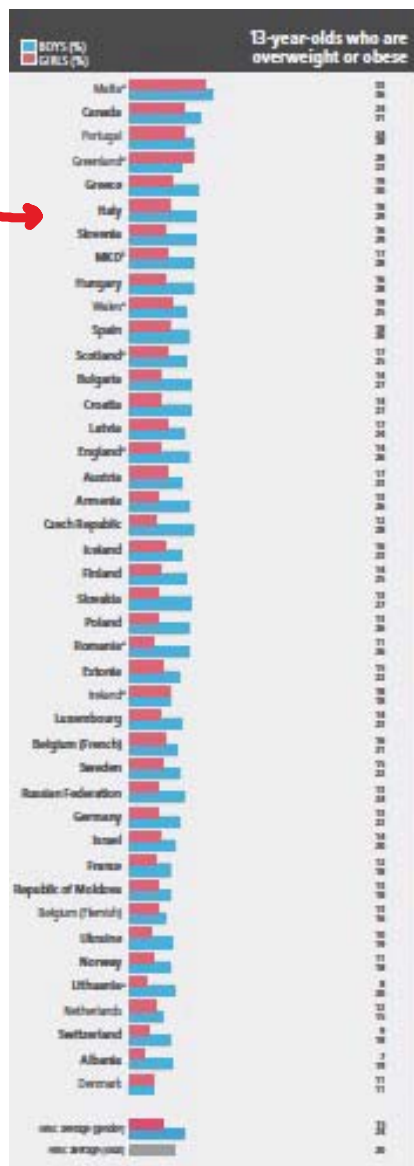


**Attività fisica moderata o
vigorosa
almeno 60'/die
Italia**

**11 anni
8F/17M Media 21/30**

**13 anni
6F/14M Media 15/25**

**15 anni
5F/11M Media 11/21**



Sovrappeso e obesità

Italia

11 anni

23F/35M Media 17/27

13 anni

18F/29M Media 15/24

15 anni

9F/26M Media 13/22

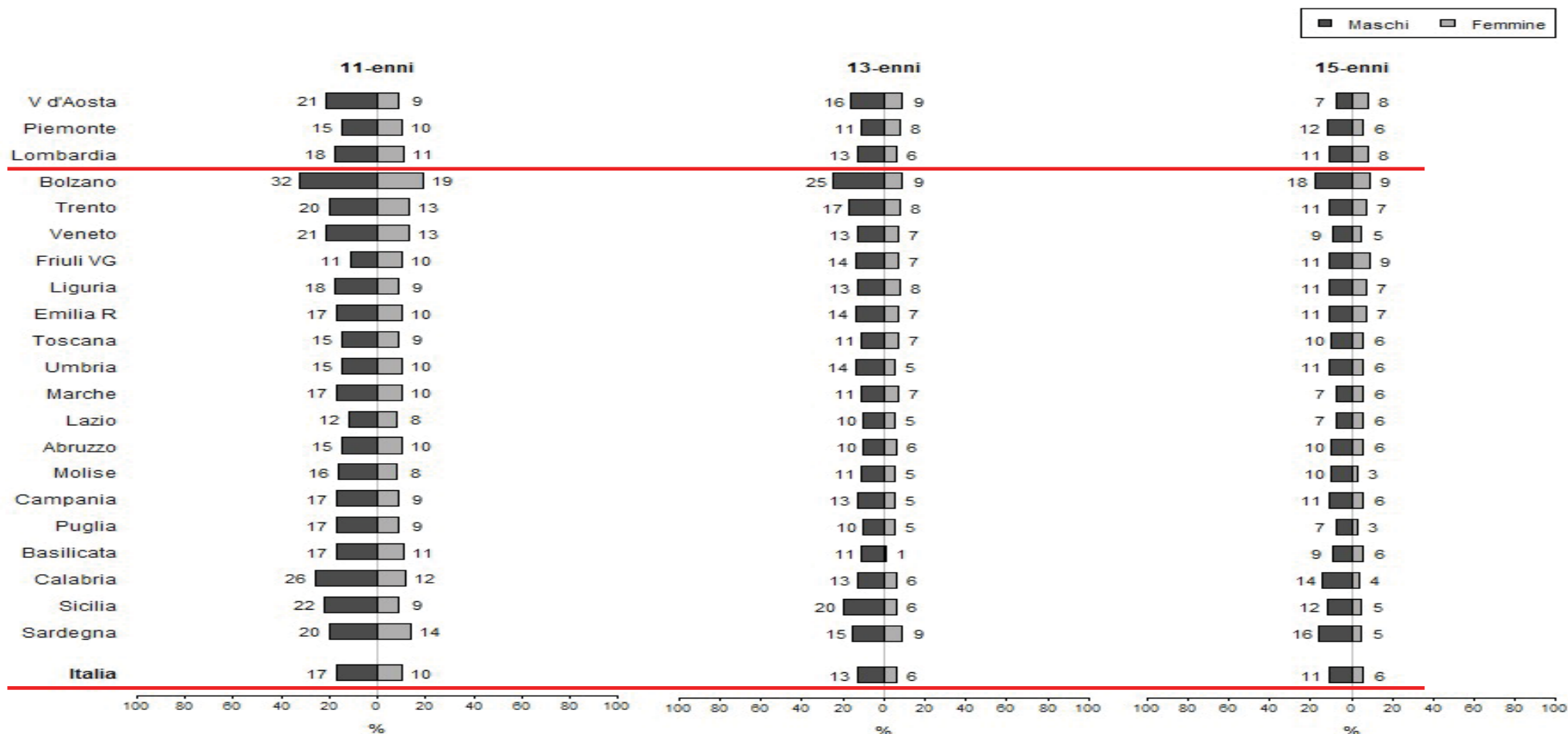


Figura 6.1 Percentuale di ragazzi che svolgono attività fisica per almeno un'ora al giorno tutti i giorni - per età, genere e Regione

Classification

Classification



Types of LTPA Infrastructures

Sport Facilities



Leisure-Time Infrastructures that provide specific opportunities for LTPA



Urban and Green Spaces that are usable for LTPA



Urban and green spaces usable for PA: sub-classification

Part of the historical heritage
of the town (parks, walls...)

- Preserved
- Rehabilitated
- Abandoned/disregarded



Urban and green spaces usable for PA: sub-classification

Recent interventions/additions

Specialized (playgrounds, skate parks, jogging/walking paths...)

Not specialized (sidewalks, cycle paths, green areas...)



Urban and green spaces usable for PA: sub-classification

Objects of **informal appropriation**, places hard-won by “human bodies”

- Body “traces”, paths
- Light modifications
- Heavy modifications



The active city



Concept

Evidence

Good Practice

Interplay between structure and agency



The active city



Concept

Evidence

Good Practice

Interplay between structure and agency





User experience

Design

Time in using spaces

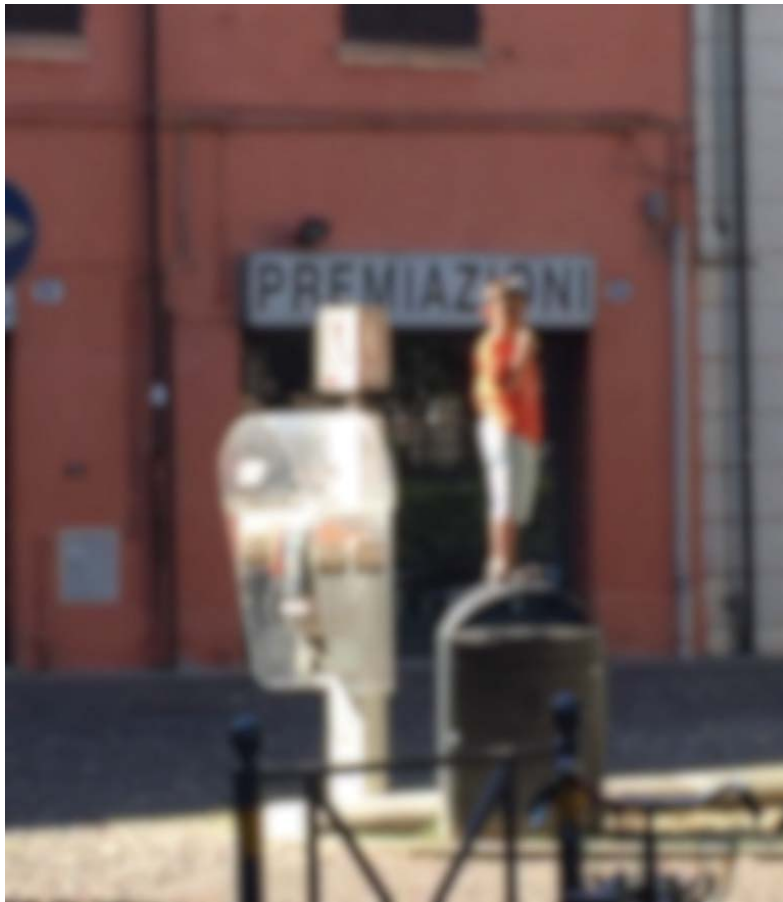
(F)aracanà and Carrara Academy Square (Bergamo, Italy)



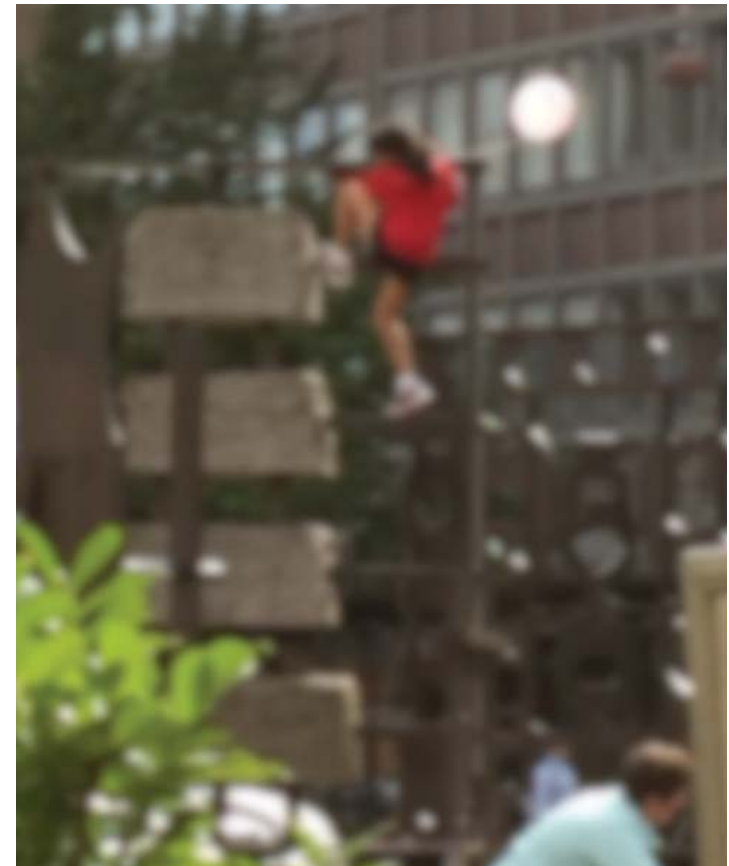
Activity scapes and spaces are (also) social products

This is not...

These are not climbing walls



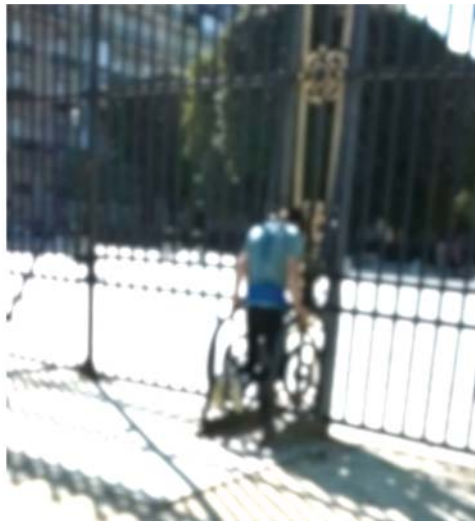
Ferrara, 2012



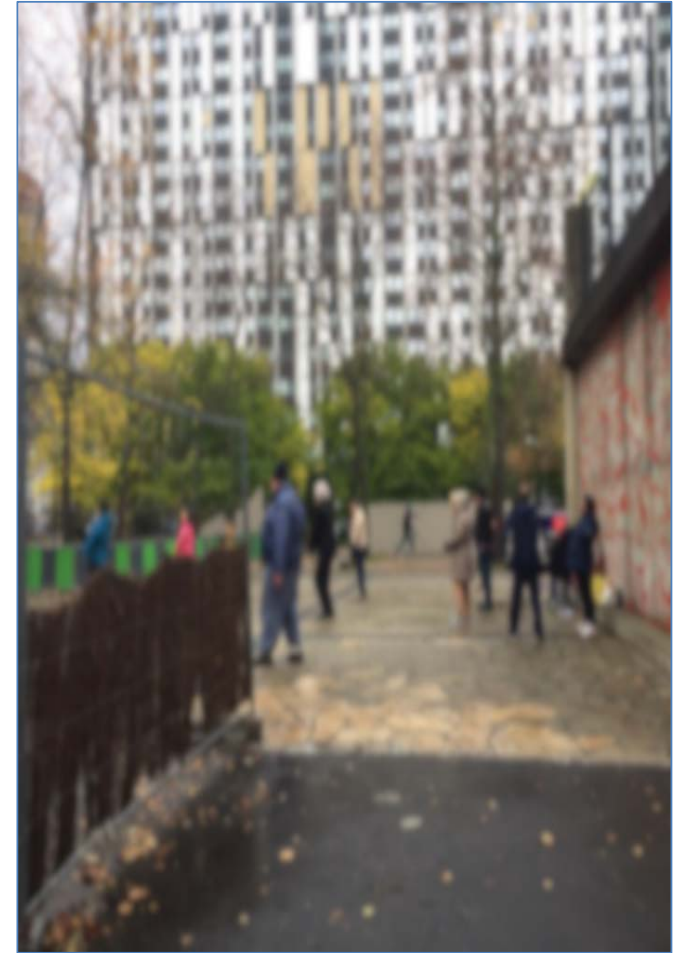
Copenhagen, 2016

These are not gyms

(Luxembourg and Centre Pompidou; Paris, 2010-2014)



This is not a basketball court





Tight and Loose spaces

Franck and Stevens (2006)

The spaces are **tight** when allowing only particular, and planned, uses, while the **loose** spaces offer opportunities to carry out diverse activities.

It is people's actions that create loose spaces. When various activities, unrelated to the original designed purpose of a particular space, are tolerated, space may become loose, more open and socially accepting.

The loose spaces, in combination with some specialized, tight spaces, could be the right option to enhance, from a urban planning view point, the active city perspective.

Tight (?): Raisio (Finland)



ACTIVE CITY

Definition

A healthy, active city is one that is continually creating and improving opportunities in the built and social environments and expanding community resources to enable all its citizens to be physically active in day-to-day life

(Edwards & Tsouros, 2008)

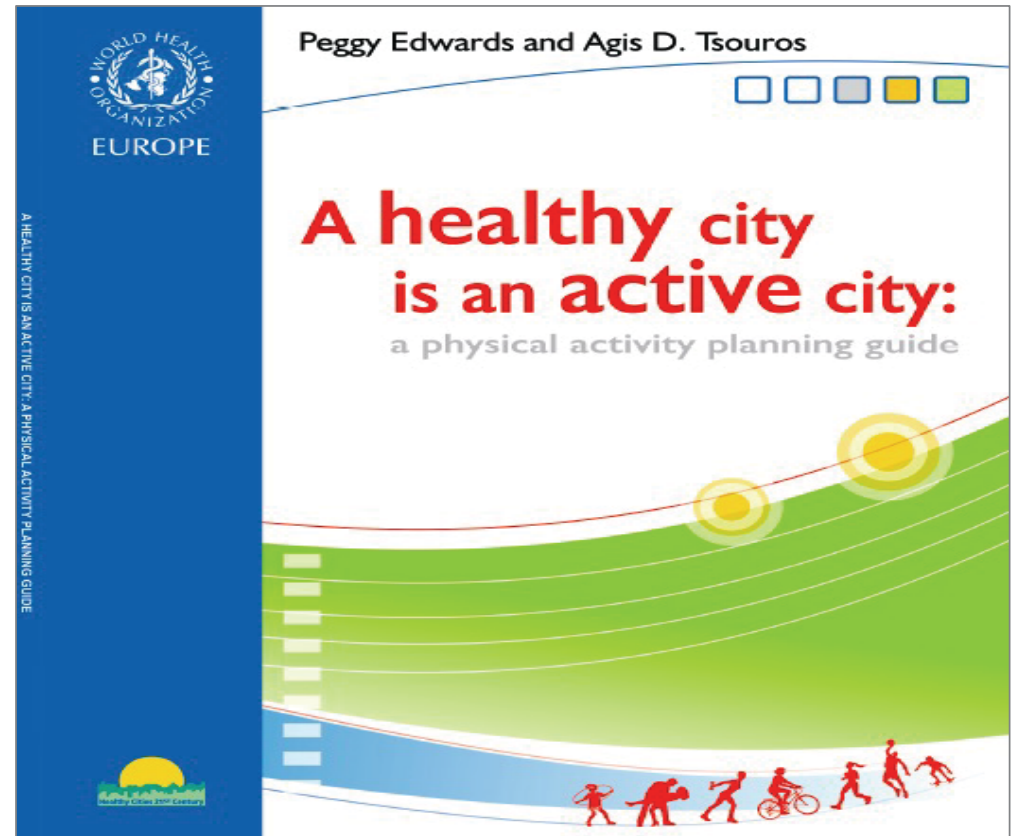
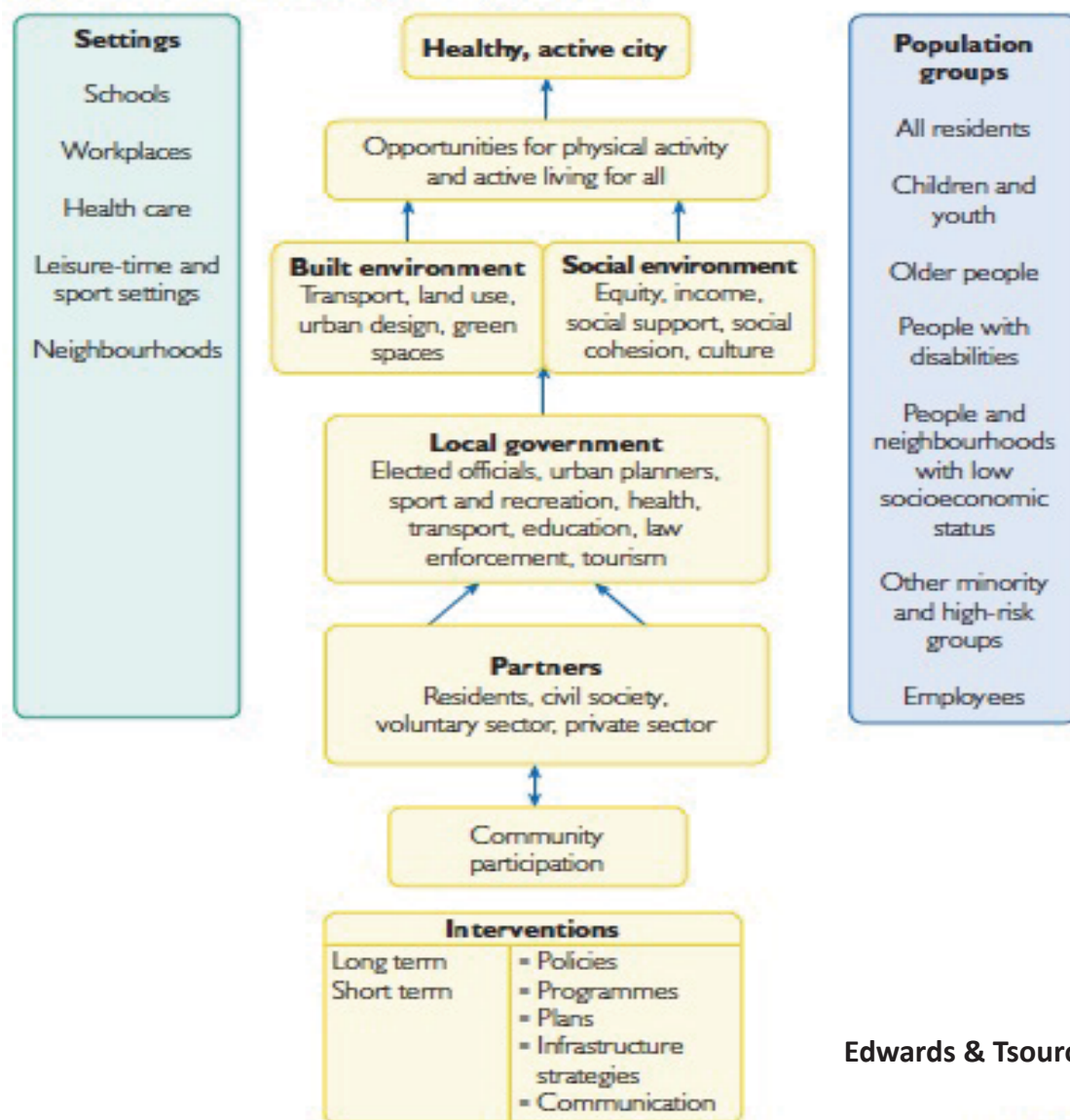


Fig. 1. A framework for creating a healthy, active city



Edwards & Tsouros, 2008

Directions and models

Challenges

- How to develop inter-sectorial researches and policies? “Healthization”, “architecturalization”, “town planningzation”, “sportization”, “sociologization” are “impossible games”
(Edward & Tsouros, Rutten, Suomi, Borgogni)
- How to build a specific INTEGRATED model tailored to the needs of every specific CONTEXT
- How to involve disadvantaged, low SES, weak citizens
- How to rehabilitate city deprived areas making them active
- **Definitively, how to deal with the risk to make active city excluding poors: “Developing democracy [through physical activity] by reducing inequality in the public space”**
(Secchi, 2013)

Many vulnerable people denied care, says Age UK

By Nick Trigg
Health correspondent, BBC News



A “catastrophic” situation is developing in England with many vulnerable elderly people being denied care, campaigners say.

An analysis by Age UK found the proportion of over-65s getting help had fallen by a third since 2005-6.

Related Stories

[A Sliding Doors moment for the NHS?](#)

Conclusions

Active city is strictly connected with the planning and managing of the public space (ps)

The ps is not democratic in itself; for being democratic, the ps should allow a plurality of behaviors

The classification of “physical activity aimed” behaviors should be enlarged

A fruitful concept could be provided by the differentiation between tight and loose spaces and between place and space

Useful categories could be the adaptability/flexibility, and the porosity of the spaces

Active city is a “matter of democracy” (Eichberg, 2010)



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